



The Virginia Department of Health Resources for Health Care Professionals

May 2013

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News and Updates

Recreational Water Illness(RWI) and Injury Prevention Week

Swimming is one of the most popular sports activities in the United States. Although, swimming is a physical activity that offers numerous benefits, pools and other recreational water venues are also places where germs can be spread and injuries can happen. As the summer heats up and families head to the beaches, lakes and pools it is important to be aware of ways to prevent water-related adverse health events.

RWIs are caused by germs spread by swallowing, breathing in mists or aerosols of, or having contact with contaminated water in swimming pools, hot tubs, water parks, water play areas, interactive fountains, lakes, rivers, or oceans. RWIs can also be caused by chemicals in the water or chemicals that evaporate from the water and cause indoor air quality problems.

In addition to illnesses, injuries, such as drowning, can occur in and around the water. Drowning and water-related injuries are preventable. Children are often the most susceptible to recreational water illnesses and injuries especially drowning. In 2011, there were 89 deaths due to drowning in Virginia. Almost half (47%) of the unintentional drowning/submersions hospitalizations were for children under the age of 15. Just over half (52%) of the deaths were in natural water, 23% were in swimming pools and bathtubs. Males were 2.5 times more likely than females to die from drowning (64 males vs. 25 females). Drowning/submersion injury hospitalizations had an 11.3% fatality rate in 2011.

Virginians' can have fun while swimming this summer and this means knowing how to prevent RWIs. Share the **Swim Healthy! Swim Safely!** Tips like Otitis Externa found at the links below with your patients!

For more information:

- [VDH Injury Prevention Web Page](#)
- [Recreational Water Illness](#)
- [Virginia Beach Monitoring](#)
- [Drowning Prevention](#)

National Hurricane Preparedness Week, May 26 – June 1

Encourage your family and loved ones to take time this week to prepare for the upcoming hurricane season. Steps for preparing for severe weather: assemble an emergency supply kit, make your emergency plans, stay informed,

and be involved in helping your family, your business, and your community to be ready. Visit the VDH web page for more information.

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Recent Clinicians' Letters

- [Measles Cases](#) (May 3, 2013)
- [Lyme Disease in Virginia](#) (Apr 29, 2013)

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“Did You Know”

National Senior Health & Fitness Day

National Senior Health & Fitness Day is **Wednesday, May 29, 2013**. The Centers for Disease Control and Prevention (CDC) has found that one out of three adults age 65 and older falls each year, but less than half talk to their healthcare providers about it. Falls, especially among the elderly, can result in serious injuries such as hip fractures and traumatic brain injuries that can lead to death.

- During 2010, falls were the third leading cause of injury related death and the leading cause of hospitalization in Virginia.
- Older adults, 65 years of age and over, accounted for 79% of fall related deaths and 71% of fall related hospitalizations.

There are a number of risk factors that can increase the risk of falling as one ages such as muscle weakness, especially in the legs, and an unsteady balance and gait. However regular exercise addresses these risk factors and has been proven to reduce one's risk of falling. The CDC has recently developed the [STEADI Tool Kit](#) for health care providers who see older adults in their practice who are at risk of falling or who may have fallen in the past.

Resources on fall prevention and using exercise to prevent falls for patients can be found at:

The Centers for Disease Control and Prevention <http://www.cdc.gov/HomeandRecreationalSafety/Falls/pubs.html>
National Council on Aging <http://www.ncoa.org/improve-health/falls-prevention/>

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Monthly Healthcare-Associated Infection Updates

Healthcare-Associated Infections (HAI) Program Update:

- VHQC Learning Event Highlights Strategies for Healthcare Innovation
- Avian Influenza A (H7N9) Virus Update
- CDC 2011 NHSN Annual Report Published
- The Role of the Environment in Infection Prevention
- Partnership for Prevention Award: Call for Nominations

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Influenza Surveillance

Seasonal flu guidance for 2012-2013 is available on the [VDH website](#).

- [Weekly Influenza Surveillance Report \(VDH\)](#)
- [Weekly Influenza Surveillance Report \(CDC\)](#)

CDC Health Alert Network (HAN): CDC Health Advisory: Human Infections with Novel Influenza A (H7N9) Viruses – CDC offers resources on H7N9 avian influenza human infections in China.
<http://emergency.cdc.gov/HAN/han00344.asp>

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Chronic Disease

Virginia Chronic Disease and Health Promotion Collaborative Network

The Chronic Disease Prevention and Health Promotion Collaborative is a network for health professionals to work together to improve health outcomes in their communities. For more information on registering for the June 26, 2013 meeting, please visit the VDH web page.

 [Virginia Chronic Disease and Health Promotion Collaborative Network Shared Agenda](#)

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Trainings and Webinars

Lyme disease Clinicians Forum

June 6, 2013

Charlottesville, Virginia.

The Virginia Department of Health will sponsor the 2013 Lyme Disease Clinician Forum. The focus of the conference is exploring the epidemiology, clinical aspects, and prevention of Lyme disease in Virginia.

Presentation topics include: VDH Epidemiology Update and Lyme Disease Transmission, Clinical Presentation of Lyme, Laboratory Evidence of Lyme Infection, Other Tickborne Infections: Epidemiology, Diagnosis, and Clinical Presentation, Prevention/Control at the Local Level, and a Q&A panel discussion. CME will be offered.

Registration is available through [TRAIN Virginia](#)

Smokescreens and the Silver Screen: Smoking in the Media


May 13, 2013

This webinar from the Julius B. Richmond Center of Excellence at the American Academy of Pediatrics will focus on the influence of smoking imagery on children and evidence for smoking initiation. Different types of media will be covered, as well as strategies to discuss the impact of smoking imagery with children, adolescents, and families in a pediatric clinical setting. Featured presenters include Jim Sargent, MD, FAAP of the Geisel School of Medicine at Dartmouth and Jennifer Shu, MD, FAAP, of the Children's Medical Group in Atlanta. This webinar is approved for a maximum of 1.50 *AMA PRA Category 1 Credit(s)*™. Can't make the live webinar? No problem- the archived webinar will also be offered for a maximum of 1.50 *AMA PRA Category 1 Credit(s)*™ through the [AAP Richmond Center Web site](#). Contact richmondcenter@aap.org with any questions. Click [here](#) to register.

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Emergency Preparedness

Recent Updates and HAN Alerts -

- **Chemical: Ricin** – Information & guidance for clinicians including background information, clinical description, surveillance & treatment.
 [VDH Updated Guidance - Ricin](#)
- **CDC Health Alert Network (HAN): CDC Health Advisory: Resources Available for Local and State Public Health Officials: Preparing for and Responding to Bombing Events** – CDC offers resources that may help local or state health officials prepare for, respond to, and mitigate the health effects of bombings, and other mass casualty events. <http://emergency.cdc.gov/HAN/han00346.asp>

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Virginia Monthly Morbidity Surveillance Report by District and Region

[March 2013](#) update

View previous reports, [Morbidity Surveillance Reports](#).

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MMWR

MMWR publications are prepared by the CDC

May 10, 2013

- [Self-Reported Increased Confusion or Memory Loss and Associated Functional Difficulties Among Adults Aged ≥60 Years — 21 States, 2011](#)
- [Racial/Ethnic Disparities in the Awareness, Treatment, and Control of Hypertension — United States, 2003–2010](#)
- [Prevention and Control of Influenza with Vaccines: Interim Recommendations of the Advisory Committee on Immunization Practices \(ACIP\), 2013](#)
- [Vital Signs: Evaluation of Hepatitis C Virus Infection Testing and Reporting — Eight U.S. Sites, 2005–2011](#)
- [Testing for HCV Infection: An Update of Guidance for Clinicians and Laboratorians](#)
- [Emergence of Avian Influenza A\(H7N9\) Virus Causing Severe Human Illness — China, February–April 2013](#)
- [Announcement: National Blood Pressure Education Month — May 2013](#)
- [Erratum: Vol. 62, No. 16](#)

May 3, 2013

- [Suicide Among Adults Aged 35–64 Years — United States, 1999–2010](#)
- [Adult Participation in Aerobic and Muscle-Strengthening Physical Activities — United States, 2011](#)
- [State-Specific Prevalence of Walking Among Adults with Arthritis — United States, 2011](#)
- [Progress Toward Eradication of Polio — Worldwide, January 2011–March 2013](#)
- [Announcements: Global Road Safety Week — May 6–12, 2013](#)
- [Announcements: National Physical Fitness and Sports Month — May 2013](#)
- [Announcements: Arthritis Awareness Month — May 2013](#)
- [Announcements: Drinking Water Week — May 5–11, 2013](#)
- [Announcements: Recommendations Regarding Cardiovascular Disease from the Community Preventive Services Task Force](#)

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“Did You Know” Articles by the CDC

These [“Did You Know” topics were prepared by the CDC](#)

May 10, 2013

- Hepatitis C can cause serious liver damage and even liver cancer, yet up to three in four people who have it don’t know they are infected.
- According to a new CDC report, baby boomers (adults born from 1945 through 1965) account for 67 percent of cases and 72 percent of deaths among people with hepatitis C.
- CDC offers hepatitis C testing guidance for clinicians to help them identify people with the condition and link them to lifesaving medical care; CDC also offers resources for the public.

May 3, 2013

- More than 75% of US adults with high blood pressure are taking medication to control it—reducing their risk for heart disease and stroke.

- When healthcare professionals and patients work as a team—such as engaging patients in their own care with self-management tools and coordinating care among team members (pharmacists, nurses, etc.)—blood pressure control improves.
- Million Hearts® tools can help healthcare professionals and patients reduce blood pressure and improve heart health.

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